

Safety Educator

October 2013



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FIRE PREVENTION WEEK OCT. 6-12, 2013

PREVENT KITCHEN FIRES

GO TO FPW.ORG AND GET COOKIN' WITH FIRE SAFETY!

Many families gather in the kitchen to spend time together, but it can be one of the most hazardous rooms in the house if you don't practice safe cooking behaviors. Unattended cooking remains the leading cause of fires throughout the US. With this in mind here are some ways to reduce your risk of kitchen fires & burns by offering the following tips:

- Stay in the kitchen while you are frying, grilling, or broiling food. If you leave, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.



Young children are surrounded by things that can burn them. It is important that children know that matches, cigarette lighters, and hot liquids can burn

Teach your Preschooler: Stay Away From HOT Things

Young children are surrounded by things that can burn them. It is important that children know that matches, cigarette lighters, and hot liquids can burn

them. Burn injuries can be thermal (caused by radiated heat like a sunburn), contact burns (touching flame or hot surface), and scald burns (caused by hot liquids or steam). Teach your young child how to identify the hot things that are all around them.

ACTIVITY: Walk through your home explaining what IS HOT or what can GET HOT. (be sure to include outlets and faucets). Have child place a sticky note on them to visually identify these items.

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Halloween Safety Tips

to help you have a happy and safe day

Halloween is a fun holiday but it's also an important time to practice fire and life safety. Many children are aware of things that they can do to be safe, like how to cross the street, not to talk to or go with strangers, but sometimes they get so excited they forget to remember all the ways to keep themselves safe.

Here are some Halloween Safety Tips to help keep all children safe on Halloween night.

- ⇒ Go only to well-lit houses and remain on porches rather than entering houses.
- ⇒ When choosing a costume, stay away from billowing or long trailing fabric. If wearing a mask, make sure the eye holes are large enough so they can see out.
- ⇒ Write full name and phone number and attach to young children's costumes if they are too young to remember them.
- ⇒ Provide children with flashlights or

glow sticks to carry for lighting as part of their costume.

⇒ Dried flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations well away from all open flames and heat sources, including light bulbs, and heaters.

⇒ It is safest to use a flashlight or battery-operated candle in a jack-o'-lantern. If you use a real candle, use extreme caution.

⇒ Make sure children are watched at all times when candles are lit. Be sure to place lit pumpkins well away from anything that can burn and far enough out of way of trick-or-treaters, doorsteps, walkways and yards.

⇒ Remember to keep exits clear of decorations, so nothing blocks escape routes.

⇒ Teach children to stay away from open flames. Be sure they know how to stop, drop and roll if their

clothing catches fire. Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.

⇒ If your children are going to Halloween Parties at others' homes have them look for ways out of the home and plan how they would get out in an emergency.

Treats

- Children should not eat any treats until an adult has examined them carefully for evidence of tampering.
- Carefully examine any toys or novelty items received by trick-or-treaters who are younger than 3 years of age. Do not allow young children to have any items that are small enough to present a choking hazard or that have small parts or components that could separate during use and present a choking hazard.

www.usfa.fema.gov/halloween

www.usa.gov/Topics/Halloween.shtml

www.cdc.gov/family/halloween

Smoke Alarms Save Lives



Hey Kids! Sparky the Dog here! How would you know if your home was on fire? What would happen if you were sleeping? You may not see fire,

smell smoke or wake up in time to get out safely. Smoke alarms can help!

What is a Smoke Alarm?

Smoke alarms are tools that can tell if there is smoke in the air. They work even if you can't smell smoke. A smoke alarm looks like a small dish or dinner plate on the ceiling of your

home!

A smoke alarm makes a very loud beeping noise to warn you that a fire has started. When you hear the loud noise, follow your home escape plan and get out fast.

Kids can help make their homes safer from fire by helping grown-ups remember to:

- Test your smoke alarms at least once a month using the test button, and make sure everyone in your home knows the sound.
- If an alarm "chirps," warning the battery is low, replace the battery right



NOVEMBER 3rd

away.

- Change your batteries twice a year. When you change your clock, change your batteries.
- Keep smoke alarms dust free. Run the vacuum cleaner attachment over and around them.
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.

Visit these sites to learn more on smoke alarms/detectors:

www.usfa.fema.gov/citizens/parents/www_

www.nfpa.org/smokealarms



Kids CAN Be Chef Helpers!

Do you like helping out in the kitchen and cooking up tasty snacks for your friends and family? Preparing yummy treats can be lots of fun, but it's important that kids who like to cook know how to be safe in the kitchen. These tips can help you figure out what you're old enough to do on your own—and when it's time to ask an adult for help.

Ages 3-5:

- Get ingredients out of the refrigerator.
- Measure and mix ingredients together in a bowl.
- Pour liquids into a bowl.
- Wash fruits and vegetables off under cold water.

- Use a cookie cutter to cut shapes out of cookie dough or sandwiches.
- Lick the cake batter off of a spoon.

Ages 6-8

- Open packages.
- Use a butter knife to spread frosting, cream cheese, peanut butter or soft cheese.
- Peel vegetables.
- Measure ingredients.
- Stir ingredients in a bowl.
- Set the table.



Ages 9-12:

- Begin to follow a recipe.
- Open cans.
- Use electrical kitchen appliances, such as a microwave oven, when a

grown-up is present.

- Use a grater to shred cheese and vegetables.

• Turn stove burners on and off and select oven temperature when a grown-up is present.

- Help plan the meal.
- Make a salad.

Ages 14+:

- Operate the stove or oven without an adult present.
- Heat food up in the microwave without an adult present.
- Drain cooked pasta into a colander.
- Take a tray of food out of the oven.

Visit: Www.fpw.org



Home Fire Escape Planning: Have TWO Ways Out

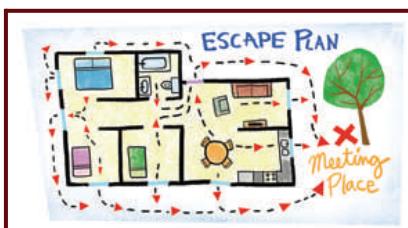
You know what is really neat about Rabbits? They build their burrows with 2 ways out so they'll be able to escape if they sense danger. Like rabbits, we should always be rabbit ready with 2 ways out of every room within our home.

Fire can spread rapidly leaving as little as two minutes to escape safely once the alarms sounds. It is important to have a fire escape plan that prepares your family to think fast and get out quickly when the alarm sounds.

Plan Your Escape

- Make a home **escape plan**. Draw a map of your home showing all doors and windows. Discuss the

plan with everyone in your home. In every room use sticky notes to mark a door exit as number 1 and a window as exit number 2. This allows your child to visually understand there are 2 ways out of every room.



- Make sure all doors and windows leading outside open easily.
- Have an outside **meeting place** (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- **Practice** your home fire drill at night and during the day with

everyone in your family twice a year.

- Call the fire department/ 9-1-1 from **outside** your home.

For additional information please visit

www.nfpa.org/education

www.usfa.fema.gov/kids

www.befiresmart.com

OR contact your local Fire Dept.

Printout to help with your Escape Planning:

www.nfpa.org/escape planning



Safety Educator

THE NEW HAMPSHIRE STATE FIRE MARSHAL'S OFFICE

J. William Degnan
State Fire Marshal

Mary MacCaffrie, M.Ed
Public Education Administrator

Sheryl Nielsen, M.Ed
Public Education Specialist

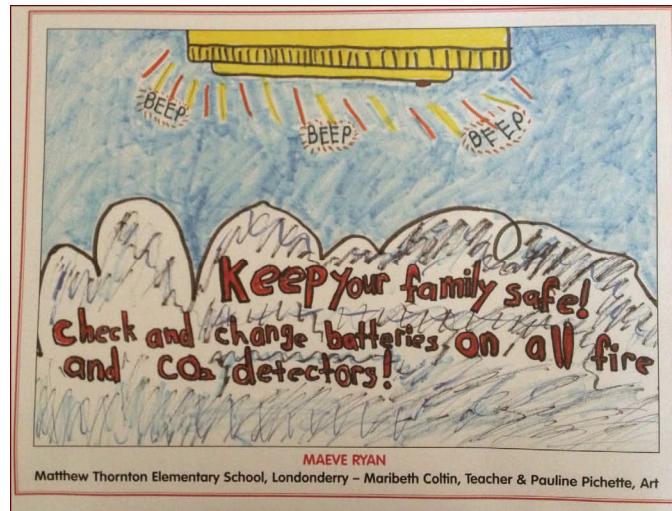
Department of Safety
33 Hazen Drive
Concord, NH 03305

Phone: 603-223-4289
Fax: 603-223-4294
Arson Hot Line: 1-800-400-3526

[http://www.nh.gov/safety/divisions/
firesafety/](http://www.nh.gov/safety/divisions/firesafety/)

Find Us on Facebook & Twitter!

Maeve Ryan, winner for the month of October, in the 3rd grade 1st Annual Fire and Life Safety Calendar Contest would like to share her safety message with you. [Learn More](#)



Any Questions or Comments regarding this newsletter please feel free to contact:

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Kids Can Be Firefighters Too! (kid friendly & Parent/Educator approved websites)



Check out these kid friendly websites related to fire and life safety.



www.sparky.org



www.smokeybear.com/kids



www.sesamestreet.org/ready



www.ready.gov/kids



www.usfa.fema.gov/kids/



www.dangerrangers.com



www.firefighterdayna.com